

HIV and Transgender People



Transgender: A person whose gender identity or expression is different from their sex assigned at birth.



Transgender man: A person assigned female at birth and identifies as a male.



Transgender woman: A person assigned male at birth and identifies as a female.



Cisgender: A person whose sex assigned at birth is the same as their gender identity or expression.



Gender expression: A person's outward presentation of their gender (for example, how they act or dress).

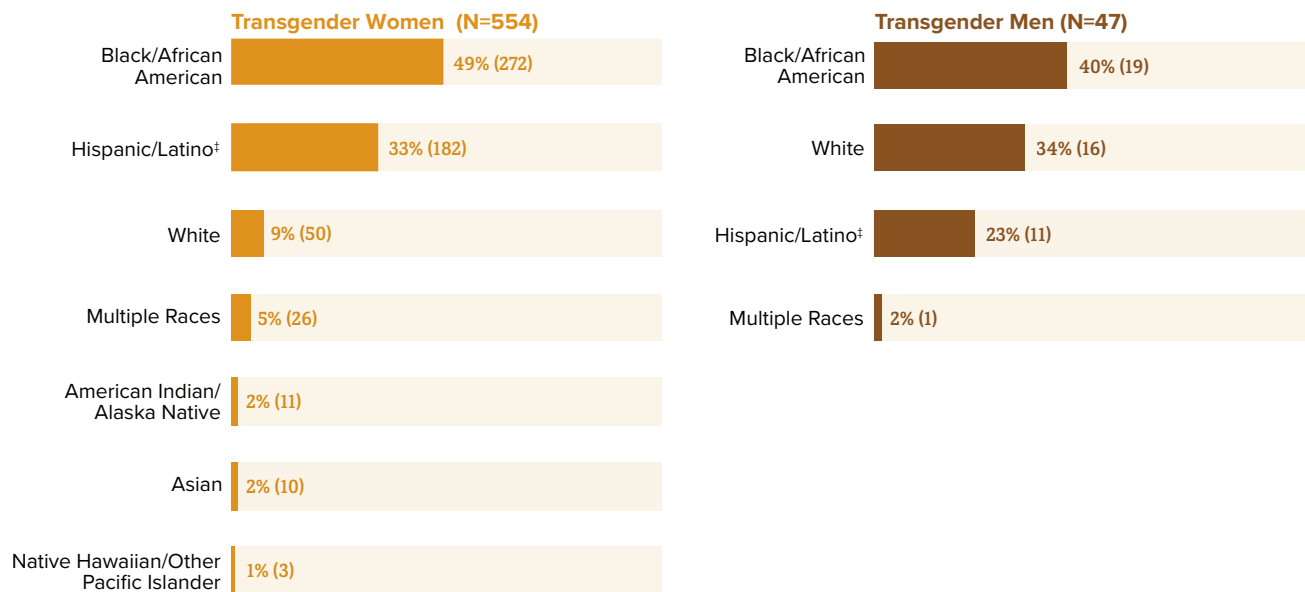


Gender identity: A person's internal understanding of their own gender.

2%

Of the **37,968 NEW HIV DIAGNOSES** in the US and dependent areas* in 2018, 2% (601) were among transgender people.

Most new HIV diagnoses among transgender people were among Black/African American people.[†]



Total may not equal 100% due to rounding.

* American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the Republic of Palau, and the US Virgin Islands.

[†] *Black* refers to people having origins in any of the Black racial groups of Africa. *African American* is a term often used for people of African descent with ancestry in North America.

[‡] Hispanic/Latino people can be of any race.

** In 41 states and the District of Columbia.



Centers for Disease Control and Prevention
National Center for HIV/AIDS,
Viral Hepatitis, STD, and
TB Prevention

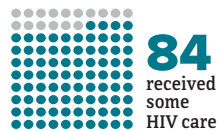
Transgender people who don't know they have HIV cannot get the care and treatment they need to stay healthy.



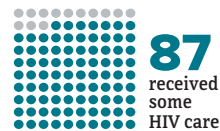
It is important for transgender people to know their HIV status so they can take medicine to treat HIV if they have the virus. Taking HIV medicine every day can make the viral load undetectable. People who get and keep an undetectable viral load (or remain virally suppressed) can stay healthy for many years and have effectively no risk of transmitting HIV to their sex partners.

Compared to all people with *diagnosed* HIV in 2018, transgender women have about the same viral suppression rates, and transgender men have higher viral suppression rates. More work is needed to increase these rates.

For every 100 transgender women with diagnosed HIV in 2018: **



For every 100 transgender men with diagnosed HIV in 2018: **



For comparison, for every **100 people overall** with diagnosed HIV, **76 received some care**, **58 were retained in care**, and **65 were virally suppressed**.

There are several challenges that place transgender people at higher risk for HIV.

Racism, HIV Stigma, and Transphobia



Racism, HIV stigma, and transphobia can negatively impact risk-taking behaviors, knowledge of HIV status, HIV care, and other needed services for many transgender people.

Few Multilevel Interventions



Interventions that address the structural, biomedical, and behavioral risks for HIV among transgender women and men are needed to address HIV disparities.

Lack of Knowledge



When health care providers are not knowledgeable about transgender issues, this can be a barrier for transgender people with HIV who are looking for treatment and care.

Unmet Need for Gender Affirmation



When transgender people do not feel supported through medical gender affirmation, they are less likely to engage in HIV prevention and care services.

How is CDC making a difference for transgender people?



Collecting and analyzing data and monitoring HIV trends.



Supporting community organizations that increase access to HIV testing and care.



Conducting prevention research and providing guidance to those working in HIV prevention.



Promoting testing, prevention, and treatment through the *Let's Stop HIV Together* campaign.



Supporting health departments and community-based organizations by funding HIV prevention work and providing technical assistance.



Strengthening successful HIV prevention programs and supporting new efforts funded through the *Ending the HIV Epidemic* initiative.

For more information about HIV surveillance data and how it is used, read the "Technical Notes" in the HIV surveillance reports at www.cdc.gov/hiv/library/reports/hiv-surveillance.html.

For more information visit www.cdc.gov/hiv